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Health & Wellness *solutions*

NEWSLETTER FOR JOB CORPS HEALTH & WELLNESS STAFF

The ACA in a Nutshell

The **Patient Protection and Affordable Care Act (ACA)** of 2010 was enacted to make health care more accessible and affordable for many Americans. The law was slated to phase in gradually. Portions of the law are now beginning to take effect and other parts will go into operation over the next few years. There are many components to the new law and some parts of the law may directly affect Job Corps students. The most important parts of the law for Job Corps students include:

- If one of a student's parents has employer-based health insurance and is willing to put the student on the policy, the student may stay on the parent's policy until (s)he is 26 years old.
- Although the ACA expanded the Medicaid program, implementation of the expansion varies from state to state. The Advisory Board Company tracks the process and periodically releases state-by-state information. Information can be accessed at: <http://www.advisory.com/Daily-Briefing/Resources/Primers/MedicaidMap>.
- Health Insurance Marketplaces (HIMs), state-based clearinghouses for health insurance, are open for business as of October 1. Anyone wishing to learn about health insurance, determine Medicaid eligibility, or compare health insurance plans may access the HIMs at <https://www.healthcare.gov/marketplace/individual/>.
- As of 2014, everyone who can afford health insurance is mandated to purchase coverage or they will be required to pay a fee; however, there are exceptions to this rule. Uninsured people will not have to pay a fee if they: (1) are uninsured for less than 3 months of the year, (2) are determined to have very low income and coverage is considered unaffordable, (3) are not required to file a tax return because their income is too low, (4) would qualify under the new income limits for Medicaid, but their state has chosen not to expand Medicaid eligibility, (5) are a member of a federally recognized Indian tribe, (6) participate in a health care sharing ministry, or (6) are a member of a recognized religious sect with religious objections to health insurance.

Because of the income eligibility of Job Corps students, students will most likely be exempt from this rule while enrolled in Job Corps. They should be made aware of this information for the future.

Educate Your Students about Health Care

Several new materials have been created to educate students about the ACA and accessing health care during Outreach and Admissions, on center, and during Career Transition. All materials can be accessed on the ACA page located in Citrix at <http://jcweb.jobcorps.org/ACA>. Health and wellness specific tools include:

- **Health Insurance Resources Fact Sheet.** This handout should be distributed to students during orientation to the Health and Wellness Center.

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Educate Your Students about Health Care (*con't.*)

- **Health Insurance Acknowledgement Form.** By signing this form, students acknowledge that they have received the Health Insurance Resources Fact Sheet and a member of the Health and Wellness Center staff has discussed the ACA and health insurance with them.
- **Accessing Health Care Curriculum.** The three activities in this curriculum are designed to help students learn (1) the basics about health insurance, (2) how to obtain insurance under the Patient Protection and Affordable Care Act, and (3) how to access health care appropriately. It may be offered at anytime during a student's stay in Job Corps.
- **Accessing Health Care After Job Corps Checklist.** This checklist should be reviewed with students prior to exit from the Job Corps program.
- **Patient Protection and Affordable Care Act (ACA) and Health Insurance Marketplace Health and Wellness and Exit Scripts.** These scripts should be reviewed with students upon their entry and exit from them program, respectively.

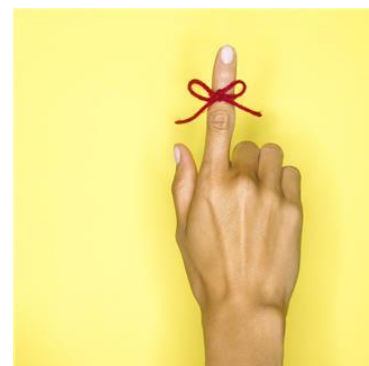
Learn More about the ACA

The ACA is a complex law. There are many resources available to help you learn about it.

- The Health Insurance Marketplace training is located in SIMON. To access:
 - ✓ Log into Citrix
 - ✓ Click on SIMON on main page
 - ✓ Click on Learning Center
 - ✓ Click on Course Information and Enrollment
 - ✓ In the Keywords search box, type in "Marketplace"
 - ✓ Click on "Understanding the Health Insurance Marketplace" training
- Review information about the Health Insurance Marketplace and ACA on <http://www.healthcare.gov>
- Review PIN 13-09, *Implementation of the Affordable Care Act and Health Insurance Marketplace (Marketplace) in Job Corps*
- Review PIN 13-06, *Outreach Strategies to Promote Health-Care Coverage for All*
- If applicable, review American Nurses Association resources for nurses: <http://www.nursingworld.org/MainMenuCategories/Policy-Advocacy/HealthSystemReform>

Updates and Reminders

- The Personal Authorization for Center Nursing Staff (revised July 2013) includes a space for the Center Dentist to sign that he or she has designated and trained the nurse to conduct the dental readiness inspection. The Center Dentist should sign this line ONLY if he/she has trained the nurse and designated this responsibility; otherwise, this line should be left blank.
- PRH Change Notice 13-02 (changes in PRH Chapter 1, revised Appendices 107, 108, 609 and 610) was recently released to provide better guidance to center staff. Note that Appendix 108 allows for a recommendation to an alternate center for applicants that may benefit from staying close to home.
- PIN 13-09, *Implementation of the Affordable Care Act and Health Insurance Marketplace (Marketplace) in Job Corps* contains several action items.
- The Quarterly Alcohol Report is due on October 10th.
- Molly, a pure form of the drug ecstasy, has become a popular club drug. Learn more about Molly and ecstasy at <http://www.drugabuse.gov/drugs-abuse/mdma-ecstasy-molly>.



Celebrating Health One Month at a Time

Last May, Carville Job Corps Center (CJCC) celebrated National Mental Health Awareness Month with a series of activities to promote positive mental hygiene and support those living with a mental health condition. On May 1, the center kicked off the month with a presentation from the CMHC, Kevin Tripeaux, on understanding and coping with life stressors. During this presentation CJCC students performed skits to contrast positive coping mechanisms (e.g., exercise, goal setting, prayer, relationship building), with negative strategies (e.g., drug/alcohol use, violence).

To attract students and make these experiences fun, the center took a holistic approach to mental health. A local yoga instructor worked with staff and students on stretching and breathing techniques to minimize stress throughout the workday. Tiffany Floyd, a Certified Therapeutic Recreational Specialist, introduced students to aromatherapy by involving them in aroma/smell exercises followed by a discussion on the effect of aroma on mood.

The center also coordinated presentations on crisis management and accessing mental health through Medicaid. Finally, the CJCC students and staff showed their support of Mental Health Day, May 16, by wearing white, the official color of Mental Health Day.

Terry Square, CJCC Health and Wellness Manager, saw the benefits of this month-long celebration by stating, "Our students were able to relate to their own or their family's mental health challenges. We have had more students seek CMHC services to talk about certain issues and that trust level became stronger. For example, there was one particular student who self referred to CMHC because of the important information he gained from mental health awareness month. He stated, 'I have been depressed for a long time in silence with thoughts of suicide,' and from his self referral, the CMHC evaluated the student and determined that further evaluation and/or medication management was needed."

Joe Hauck, TEAP Specialist at Great Onyx JCC, helps students celebrate numerous substance abuse prevention activities throughout the year, including contests, guest speakers, and awareness projects.

According to Mr. Hauck, students enjoy participating in contests during substance abuse prevention-themed months. Several times a year, the center awards prizes for creative endeavors including the top three poems, posters, and essays. Students also are able to answer daily trivia questions for prizes.

Additionally, Mr. Hauck hosts events to promote center-wide awareness of substance abuse issues. For example, during National Drugged and Drunk Driving month in December 2012, Great Onyx JCC conducted a skit in which staff and students disappeared from view throughout the day to mimic the 10 people that die due to drugged/drunk driving every 8 hours.

The center has received accolades and small grants from other government agencies including SAMSHA and NIDA. Currently, the center's substance abuse prevention activities are detailed on the SAMHSA website. During National Drug Facts Week (January 28-February 2), NIDA will put a blurb in their e-Newsletter about the center's activities.

According to Mr. Hauck, "These celebrations help the center culture to change. Once the culture changes, then the TEAP position is much easier and the behavior issues decrease throughout the center."



Yoga instructor, Alvin Temple, and CJCC student, Keith Clark, demonstrate the pigeon pose (top left). CJCC students learn about aromatherapy (top right). GOJCC students participated in the "I Choose" project. SAMHSA provided posters that began with "I Choose..." and students filled in an activity that they chose in lieu of drugs and alcohol (bottom left, right).



Upcoming Celebrations

- October (all month) is National Substance Abuse Prevention Month. Information is available at <http://www.samhsa.gov/prevention/nationalpreventionmonth/>.
- October 13th is National Depression Screening Day. Information is available at: <http://www.mentalhealthscreening.org/events/national-depression-screening-day.aspx>
- October 17th is Above the Influence Day. Information is available at: <http://www.whitehouse.gov/ondcp/prevention-intro/prevention-month%20ATI-day>
- October 23rd-31st is Red Ribbon Week. Information is available at: <http://www.redribboncoalition.com/>
- November (all month) is American Diabetes Month. Information is available at: <http://www.diabetes.org/in-my-community/programs/american-diabetes-month/>
- November 21 is the Great American Smokeout. Information is available at: <http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index>
- December 1 is World AIDS Day. Information is available at: <http://www.worldaidsday.org/>

Preventing Meningitis on Center

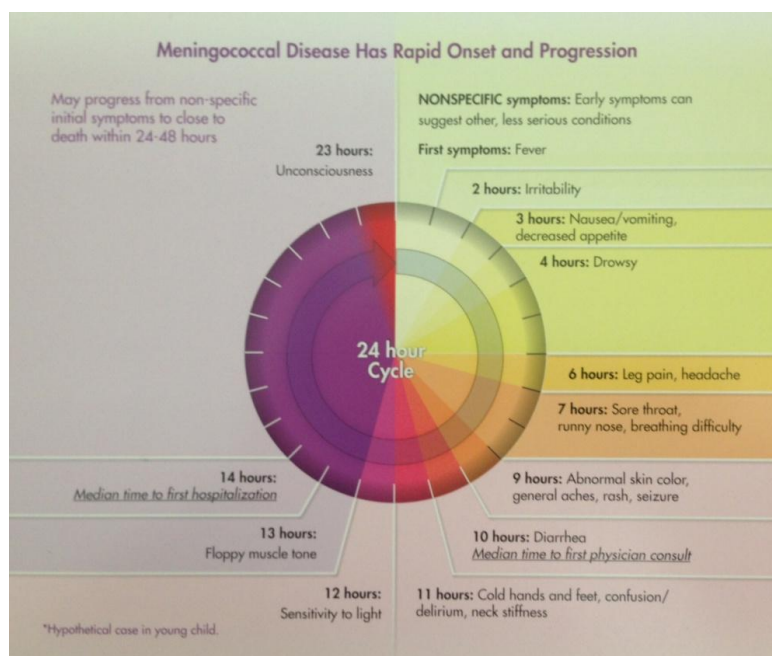
While rare, meningitis is deadly. Even with treatment, approximately 10-14 percent of people who contract meningococcal disease die. Young people who share drinking glasses, eating utensils, and food; live in dormitories; share makeup; or kiss a boyfriend or girlfriend are particularly susceptible to meningitis. As cold and flu season near, it is particularly important to know the symptoms of meningitis as early symptoms often mimic flu symptoms. If a case of meningitis is expected, it should be treated as a medical emergency. The image at right provides hour-by-hour symptoms of meningitis.

Approximately 11-19 percent of people who survive meningitis suffer from significant, permanent injury, including amputations. Survivors are often left with hearing loss, limb or digit amputation, brain abscess, kidney failure, epilepsy, and cognitive disabilities.

While meningococcal vaccine is not required in Job Corps, it is available through Vaccines for Children (VFC).

Free patient education materials, posters, and vaccine schedules are available through Novartis. Contact Deometris Washington at 202-591-0598, deometris.washington@novartis.com to request materials.

More information on this and other vaccines is available at <http://www.cdc.gov/vaccines>.



Have an idea for a newsletter article? E-mail Julie Luht, julie.luht@humanitas.com, to share your story or resource.



Many New Documents!

Directives

- PRH Change Notice 13-02 Policy and Requirements Handbook (PRH) Sections 1.2, 1.4, and 1.5; Appendices 107, 108, 609, 610
Release Date: 7/1/2013 (<http://jcweb.jobcorps.org/Health/Pages/PRHNotices.aspx>)
- PRH Change Notice 13-04 Changes to PRH Chapter 1: Appendix 108; New Job Corps Referral for Alternate Center Form
Release Date: 8/26/2013 (<http://jcweb.jobcorps.org/Health/Pages/PRHNotices.aspx>)
- Program Instruction 13-01 Thunderstorms, Lightning, and Tornadoes
Release Date: 7/26/13 (<http://jcweb.jobcorps.org/Health/Pages/PINotices.aspx>)
- Program Instruction 13-06 Outreach Strategies to Promote Health-Care Coverage for All Job Corps Participants
Release Date: 8/26/13 (<http://jcweb.jobcorps.org/Health/Pages/PINotices.aspx>)

Health Care Guidelines

- Personal Authorization for Center Nursing Staff (revised July 2013); Personal Authorization for Advanced Practice Clinicians (revised July 2013); Personal Authorization for Non Health Staff (revised July 2013)

Desk Reference Guides (DRGs)

Health and Wellness Manager, Center Physician, CMHC, and (new) TEAP DRGs
(<http://jcweb.jobcorps.org/health/pages/HWPDeskReferenceSuite.aspx>)

Health Record

- Quality Assurance Health Record Audit Form (revised July 2013)

Immunization

- Job Corps Immunization Forms (revised July 2013)

Mental Health

- Job Corps Educational and Psychological Assessment Guidelines (revised July 2013)
- Critical Incident Crisis Intervention Plan (revised August 2013)
- Guidance for Documenting Case Notes in CIS (revised August 2013)
- Sample Employability SOAP Note (revised August 2013)
- Sample Accommodations for Students with MH Disabilities (revised August 2013)
- CMHC File Review Tip Sheet (revised September 2013)
- Case Management Plan (revised September 2013)
- Integration of MHWP and TEAP into CDSS (revised September 2013)
- Needs Assessment and Direct Threat (web page update),
<http://jcweb.jobcorps.org/Health/Pages/Needs-Assessment-and-Direct-Threat.aspx>

MH Promotion and Education

- MH Promotion and Education FAQs (September 2013; new document)
- MH Promotion and Education (web page update), <http://jcweb.jobcorps.org/Health/Pages/Mental-Health-Promotion-and-Education.aspx>

